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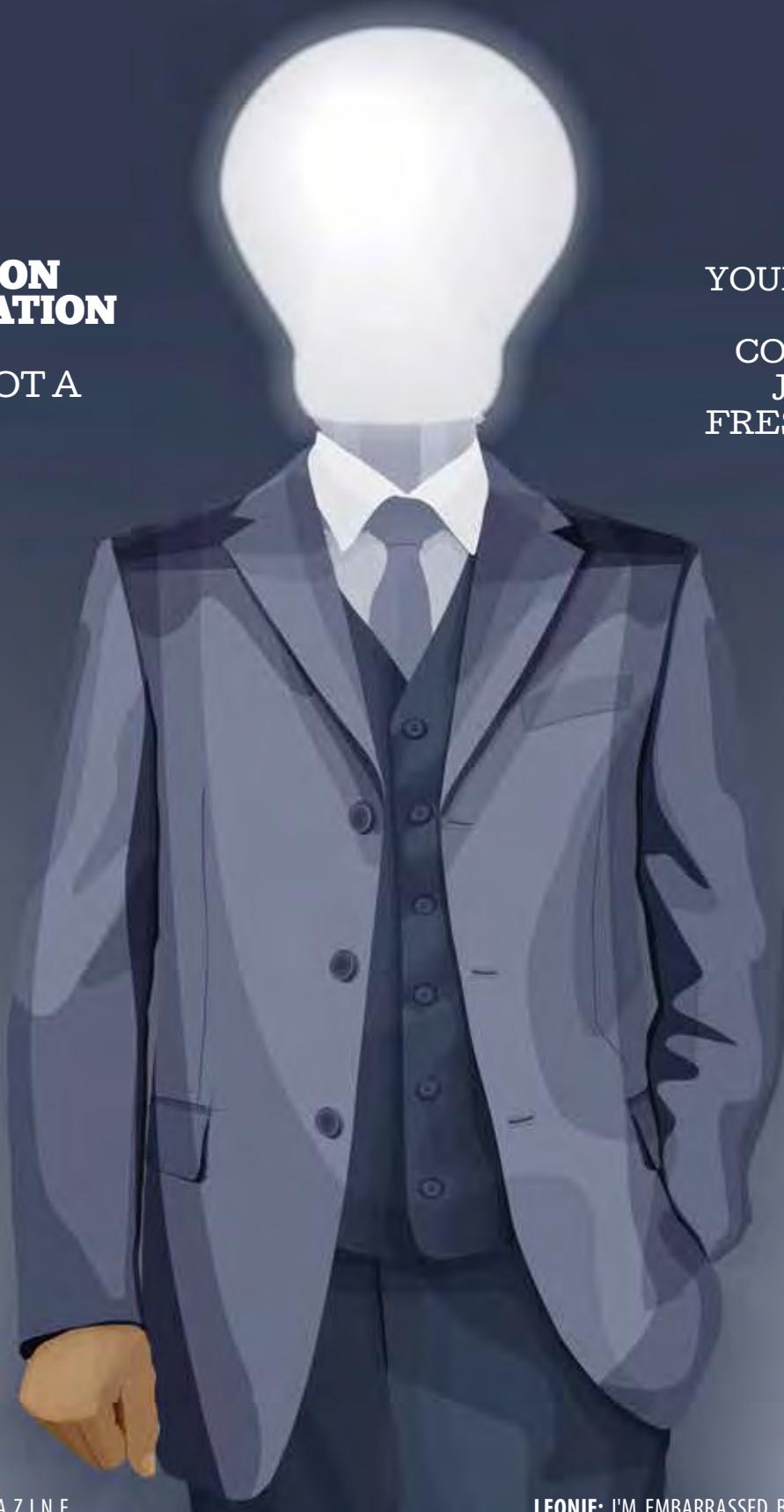
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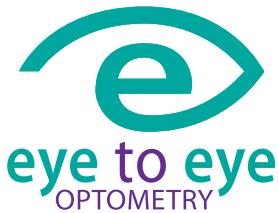
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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.

BLAKE'S BEST MATE

THERE'S A YOUNG LOCAL FAMILY THAT NEEDS OUR COLLECTIVE HELP WITH AN ASSISTANCE DOG



Oreo's handler,
Oreo, Nate,
Blake (seated)
and Mum
Belinda

Locals Belinda and Brian Spooner have two boys; Nate who is 6 years old and Blake who is four. Blake was diagnosed with Autism in November 2015, Epilepsy in March 2016, recurrent glue ear (causing hearing loss) and has recently been prescribed glasses as he is long sighted.

Young Blake struggles in just about every aspect of his life and unfortunately recently suffered a major setback, regressing by 18 months in his development. The cause of which is expected to be found in an upcoming MRI.

Unfortunately due to this regression, he's now lost the ability to complete tasks he was previously capable of and a lot of the development he gained from previous therapy will have to be relearned.

As part of Blake's condition, his senses are heightened so he struggles in crowds and public spaces such as Kindy and shopping centres.

Blake's speech therapist recently suggested that the family try an Autism Assistance Dog to help him with his day to day life. The best thing about a dog is that they are uncomplicated creatures to which he can relate (and who do not speak back).

The cost of training these very special companions is expensive, taking between 18 months to two years to train and cost up to costs up to \$20,000. Blake would benefit from weekly therapy sessions with the dog until such time as it is fully trained, when it would go to live with Blake.

There are two special events organised to raise funds for this very worthy and local cause. We urge you to show your support.

Firstly, there will be a charity golf day. It's being held at North Lakes Golf Club on Sunday 13th November. The day starts with an 8am tee off, providing food and beverages before and after

the round. There will be raffles and special games around the course with great prizes to win. Tickets are \$99 or \$360 for a group booking. Tickets can be purchased via www.facebook.com/blakesbestmate/events.

There will also be a gala dinner to raise money for the much needed service dog at The Tavernetta function centre at Carseldine on Saturday 11th March 2017. We will bring you more info on this event as the date nears.

If you'd like to help out you can make a direct donation via <https://www.gofundme.com/2jcg4qc?r>

If you or your business can assist in this effort, or you'd like more information, contact blakesbestmate@gmail.com.

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Keeping our rail network safe

Police get new weapon to monitor crime and anti-social behaviour in real time

Queensland Rail has partnered with the Queensland Police Service to boost security on the rail network and enabled remote access to 7000 rail station based CCTV cameras at Police Headquarters.

Minister for Transport Stirling Hinchliffe and Police Minister Bill Byrne welcomed the partnership and said it would give the Queensland Police Service access Queensland Rail's extensive CCTV network in real-time at the Police Communications Centre and improve responses to anti-social behaviour on the rail network.

"New remote CCTV access will enhance safety and security on our rail network, by providing vital real-time CCTV access for our Police to monitor and respond," Mr Byrne said.

"Police will now be able to log into station based cameras monitoring an incident on the rail network and coordinate their response appropriately, improving the current process of Queensland Rail security monitoring officers providing information verbally.



"It makes sense for Police to have instant access to the eyes and ears provided by Queensland Rail's cameras and will ensure they are able to better respond to incidents."

"This is a powerful new tool targeting anti-social behaviour, allowing Police to monitor and react to incidents from crime through to crowd control and other issues surrounding big events like RiverFire or New Year's Eve."

Mr Hinchliffe said new remote access for Police is in addition to Queensland Rail's new 'Intelligent Media Wall' unveiled at the \$40 million Rail Management Centre opened earlier this year.

"Police access to real-time CCTV will complement the new media wall located at the Queensland Rail Management Centre, which is more than triple the size of the previous one," Mr Hinchliffe said.

"A security monitoring team at Queensland Rail are now able to better monitor CCTV, with technological enhancements which

improve detection and response to crime on the network.

"Queensland Rail's commitment to safety has delivered excellent results, with the number of serious weapon based offences on the South East Queensland rail network dropping by half over the past two years."

Mr Hinchliffe said technology advancements were in addition to eight new police officers as part of the dedicated Police Railway Squad, as well as six new Authorised Officers operating on the South East Queensland rail network.

"A team of 78 police officers work specifically on the rail network and out of seven purpose built police beats to address anti-social behaviour," he said.

"Fortunately, serious crimes or injuries on the railway network are few and far between and those involved in assaults or altercations are often known to one another."

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Queensland's heritage goes digital

Queenslanders can now connect with heritage places and historical sites across the state via an innovative web-based tool and a new social media site.

Minister for Environment and Heritage Protection Dr Steven Miles launched the new mobile-enabled website, Heritage Explorer, and Instagram account at the Brisbane Open House event at Newstead House today recently.

"Heritage Explorer allows Queenslanders to learn about the state's heritages places online and via mobile phone," Dr Miles said.

"People can access information and find heritage trails in Brisbane, the Fraser Coast, Gold Coast, Sunshine Coast, Tropical North Queensland and Outback Queensland.

"A new Instagram account @qldheritage will share the stories of Queensland's heritage places.

"These digital platforms will improve access to information, engaging and connecting Queenslanders across the state with our history.



Newstead House is one of 54 State heritage listed places participating in Brisbane Open House 2016 this year

Image courtesy of Tourism and Events Queensland

"Our heritage places allow us to connect with our past, and explore the places and spaces that have shaped who we are today."

Newstead House is one of 54 State heritage listed places participating in Brisbane Open House 2016 this year.

"Newstead House has thrown open its doors for locals and visitors to explore," Dr Miles said.

"Free guided tours will give people a behind the scenes look at one of south east

Queensland's most iconic historic properties.

"Brisbane Open House has become one of the most popular events on Brisbane's calendar and has encouraged people to discover the city's rich history and diverse built environment.

"One hundred buildings across the city are involved in the free event this year, celebrating local architecture and design."

Visit Heritage Explorer at www.qld.gov.au/recreation/arts/heritage/experience.

An advertisement for Ethos Orthodontics. On the left, a young boy with short brown hair is smiling and holding a black smartphone in his right hand. He is wearing a light blue t-shirt. To his right, there is a large, stylized graphic of a green circle containing a yellow speech bubble. Inside the speech bubble, the text reads "are you right for ethos lite?" followed by "download our self-diagnostic orthodontic app - FREE!" and the website "smileseekerapp.com.au". Below the speech bubble are icons for the Apple and Android operating systems. The background of the ad is a bright blue color. On the right side, the text "imagine what's possible with a smile" is written in a large, white, sans-serif font. Below this, the word "embrace" is followed by a registered trademark symbol and the word "life". At the bottom of the ad, the website "ethosorthodontics.com.au" and the phone number "07 3886 5129" are listed, along with the text "NO REFERRAL NECESSARY".

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Moreton Bay Innovation Awards

No PHD? No Worries. Your idea doesn't have to be complicated it just has to be fresh, but hurry.

Time is running out to get your entry in for the second annual Moreton Bay Innovation Awards and stake your claim for the \$10,000 major prize, with entries closing at the end of October.

Moreton Bay Regional Council's Division Eleven Councillor Darren Grimwade won the Queensland Young Entrepreneur of the Year Award in 2008, and said initiatives like the Moreton Bay Innovation Awards could open up great opportunities for those who put their ideas forward.

"I can't recommend this enough to innovators and entrepreneurs who want to get some money-can't-buy exposure, because exposure is essential to growing an idea or concept into strong and sustainable business venture," Councillor Grimwade said.

"Your innovation doesn't have to be complicated, it just needs to be a fresh new concept, product or process that makes life easier! You don't have to be a physicist, a tech genius or have a PHD to be a successful innovator and your invention doesn't need to involve rocket science. Everyday people can come up with extraordinary ideas that have the potential to change the world, the office, the home, or even the classroom, in some way!"

"After all, someone invented the peg, the pen and the wheel - all simple inventions that have changed the world."

"I won the Queensland Young Entrepreneur of the Year award for the business model at



the peg, the pen and the wheel - all simple inventions that have changed the world

my Pizza stores. I think most people probably don't realise an entrepreneurial business model can be considered an 'innovation'. You might be surprised what counts as innovation."

"It costs nothing to enter the Moreton Bay Innovation Awards and you could take home up to \$10,000 dollars in prize money, not to mention the brand recognition and the prestige of winning. What have you got to lose?" Councillor Grimwade said.

Categories and prizes for the 2017 Moreton Bay Innovation Awards are as follows:

University of the Sunshine Coast Innovation of the Year (Major Prize) - \$10,000 prize.

- Sesame Lane Emerging Innovation - \$2,500 prize.
- Quest Community News Established Innovation - \$2,500 prize.
- Unitywater Moreton Bay Showcase

Award - \$2,500 prize.

- Telstra People's Choice Award - \$2,500 prize.
- Moreton Bay Region Industry and Tourism Youth Category:
 - Emerging Innovation - Youth: \$1000 (Winner) and \$375 (Runner-Up)
 - Established Innovation - Youth: \$1000 (Winner) and \$375 (Runner-Up)

For more information and entry details visit www.moretonbayinnovationawards.com.au or phone council on 3205 0555. Entries will remain open until Monday, 31 October 2016.

Winners will be announced at a Gala Event in early 2017.

Pictured: Moreton Bay Regional Council Division Eleven Councillor, Darren Grimwade, with one of the world's most simple and widely used innovations: the humble peg

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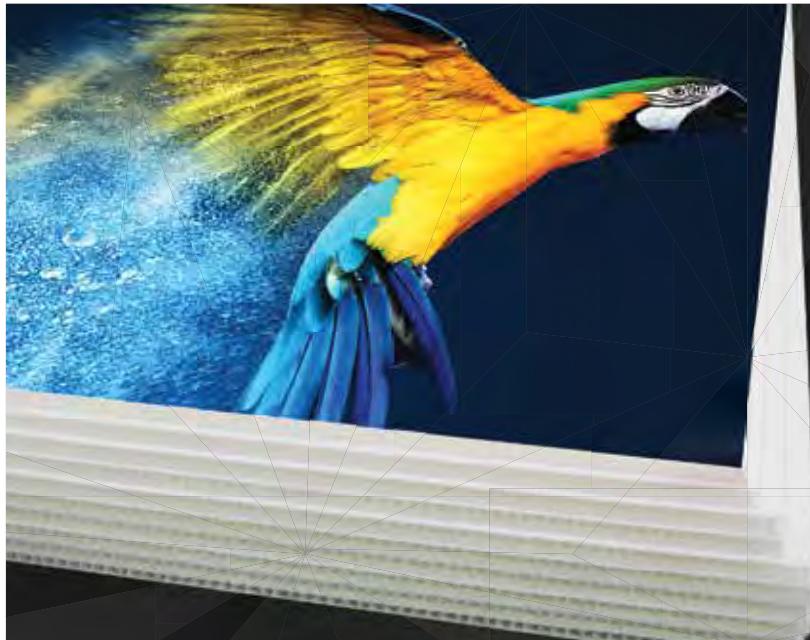
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Stand up against sitting down

BY DR ANITA, BRISBANE NORTH PHN

Many Australians spend a large part of their day sitting down, whether at work, commuting or watching TV at home, and the evidence indicates that this prolonged sedentary behaviour is very bad for our health.

According to the Australian Health Survey, sedentary activity occupied an average of 39 hours per week for adults in 2011/2012, with close to 10 hours of sitting at work, and 29 hours in leisure.

The Heart Foundation suggests the problem could be a lot worse, estimating that the average adult spends 15 hours, or more than half their day, sitting down.

The Baker IDI Heart and Diabetes Institute undertakes research into the health effects of sedentary behaviour and it now appears that it is simply not enough to be physically active for the recommended 30 minutes per day.

Baker IDI research shows substantive links between sedentary behaviour from periods of prolonged sitting and the risk of heart disease, type 2 diabetes, cancer and other diseases.

PHD candidate Paddy Dempsey has been leading a study into the potential to prevent and manage type 2 diabetes and cardiovascular disease through the reduction of sedentary behaviour.

"With the ubiquity of sedentary behaviours and the low adherence to structured exercises, light intensity walking or simple resistance activities are practical strategies that may contribute towards reducing the risk of diabetic and cardiovascular complications," Mr Dempsey said.

With the rate of type 2 diabetes increasing rapidly in Australia, this study has important implications for overweight and inactive adults living with the disease.

The authors of the study recognise that people with type 2 diabetes are already encouraged to engage in resistance exercises at least two to three times a week in addition to 150 minutes/week of moderate-vigorous aerobic exercise.

sedentary behaviour is very bad for our health

But the research findings potentially represent an important and practical public health and clinical intervention strategy for patients at risk of developing diabetic complications, heart disease or stroke.

The authors are calling on healthcare professionals to promote the message of 'sitting less and moving more' or to even consider prescribing regular interruptions in sitting time to their patients with type 2 diabetes.

Yet despite the known health benefits, particularly in relation to glucose metabolism and insulin sensitivity, meeting prescribed exercise guidelines can be challenging for some people.

The Heart Foundation recommends making small routine changes to cut down sedentary behaviour, such as taking regular breaks from your computer at work or rotating between standing and sitting tasks throughout the day.

At home, it is recommended to stand while watching your favourite TV program, or to wash the car by hand instead of using the drive-through.

The Heart Foundation also proposes that commuters could leave their cars at home and walk or cycle at least part of the journey to work.

To help track time spent sitting and boost energy levels, Baker IDI and the Vodafone Foundation developed the Rise and Recharge app.

The design of this smartphone app is based on research into the benefits of regular movement, including reductions in fatigue levels and reduced risk of developing heart disease.

It tracks the time a user spends sitting and alerts them when they should take a break, and in doing so, it encourages app users to stand up against sitting down.

To find out more or to download the app, go to: www.riserecharge.com.

ABOUT DR ANITA

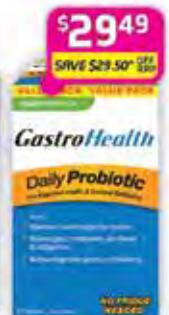
Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.





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I'm embarrassed by my husband's appearance

Hi Leonie,

I'm going to sound like a selfish cow and I know I won't come off well when I tell you about my issues. I have a really nice husband who is the salt of the earth, a great father and friend.

I like to socialise with other couples and we are members of a couple of clubs. My issue is that I am soooo embarrassed by my husband's appearance and "out there" personality. I'm not a snob but he says the most inappropriate things and thinks they are funny and at times I just die!

The embarrassment is a mood killer and when he does this out and about I just want to crawl in a hole. He is overweight (as am I) but he has this huge beer belly and the t-shirts and dress shirts he wears just don't cover it all so I, and everyone else is looking at a hairy belly button and his but crack most of the time.

He has hairs in his nose, his ears, on his shoulders and let's just say he is not teddy bear cute but rather grizzly bear unkempt. He won't let me wax, pluck or preen him and the drive to do this is all consuming. I see him sitting there watching TV with his gut out, wild eyebrows and nasal hair for days.

Needless to say, I don't find him attractive and at times I'm afraid to say I find him repulsive – he picks his teeth with a fork for God's sake. I just don't really want to be around him even in private.

Also, I feel I'm being judged for being with him. He has always been a bit of an unweeded garden but when we were young it didn't bother me so much and I thought he was so cute with big cow eyes that it wasn't so noticeable. Now he is growing a lion's mane as eyebrows and I can barely see his eyes anymore. He showers, and is clean but he needs to tidy himself up. I constantly take little swipes at him but he never changes. He doesn't look as he did.

I started lying to my friends about him being busy or working so I didn't have to go out with him and then lying to him about where I am going and it all feels like I'm having an affair. He won't let me make him over and I am seriously considering leaving because I want a companion to retire with. I don't want to look like his carer. I want conversation not sarcasm and dull wit. I know you have a great reputation for saving marriages and hope you have dealt with this before – he won't come to counselling.

Karen/Margate

Hi Karen,

There is a big difference between wanting a partner to look after themselves for health reasons and wanting a partner to change their presentation to something you find more agreeable.

You say that your husband has always been unkempt but you once found it cute. He can't help aging and of course he doesn't look like he once did. I am quite sure that you no longer look as you once did. None of us do. It seems that it's not a hygiene issue but rather simply a presentation issue and you have no right to tell another adult what to wear or how to groom themselves. You do however have the right to ask him to be polite in company and to certainly dress modestly and not put his private parts on display.

That being said, I feel that what you are describing is mostly a compatibility issue rather than a behavioural issue. You say that you find him dim witted and embarrassing and that you don't like spending time with him. Could it be that you just don't love him anymore?

I suggest that if you do love your husband, stop taking "swipes" at him and sit him down for a serious conversation about what you see are barriers to your marriage being a happy one and ask him to also talk about the barriers that he sees. Tell him that you feel embarrassed to be seen out with him in his current fashion of presentation and ask if he would modify this to allow for a more compatible and respectful relationship. Tell him that it's really important to you but also tell him that you understand that he has the right to live as he chooses.

Be prepared for him to choose to stay as he is and to either make peace with this or move on.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

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MBSO'S SOIRÉE

Date: Saturday October 22

Time: 6.30pm

Location: Norths Leagues & Services Club, 1347

Anzac Ave, Kallangur

Cost: Adults: \$25, Concessions: \$22, Students: \$16

MBSO Performers: \$16.

MBSO's annual Soirée will once again feature the MBSO Junior Strings ensemble along with the MBSO Jazz Band, Fiddle Group, Flute Choir, Clarinet Choir and many other chamber groups and soloists.

The Soirée will showcase the wide range of musical talent encompassed in the various MBSO ensembles. Buy tickets at <https://www.trybooking.com/>. Ticket price includes refreshments

BOOST FOR LOCAL KIDS

Date: Saturday October 22 and Sunday October 23

Time: all day

Location: Boost Juice at Westfield North Lakes

Cost: See Below

BOOST JUICE NORTH LAKES staff will be in their PJ's to support children in foster care. They will be donating \$1 from every Original Size smoothie sold on Saturday 22nd and Sunday 23rd October in support of the Pyjama Foundation which supports children in our foster care system. The wider community can also get involved by visiting the store and purchasing their favourite juice or smoothie knowing that they are helping a great cause.

As well as visiting the store on the day you can also donate directly to the Pyjama Foundation by visiting their website <http://www.thepyjamafoundation.com> and also find out more about their great work.

MELBOURNE CUP DAY AT KALLANGUR MEMORIAL BOWLS CLUB

Date: Tuseday November 1

Time: Starts at 11am

Location: 1351 Anzac Avenue, Kallangur

Cost: \$25

KALLANGUR MEMORIAL BOWLS CLUB are hosting a Melbourne Cup Day. On the day there will be a complimentary drink on arrival, lucky door prize, raffles & best hat, sweeps on sale, fashion parade at 11.00am, lunch is at 12.30. Tickets are available from the club or phone 3285 2267.

PARK SOUNDS

Date: Saturday 12 November 2016

Time: 1.00pm - 10.00pm

Location: Pine Rivers Park, Strathpine

Cost: See Website

Park Sounds is an over 18s event featuring internationally renowned hip hop group Bliss n' Eso. Also in the lineup are Drapht, Nicole Millar, Running Touch, PON CHO and GG Magree. It's a licensed event with police and security arrangements in place. For more information and to purchase tickets, visit www.parksounds.com.au

KOOZA BY CIRQUE DU SOLEIL

Dates: Running November 24 to January 8 2016

Location: Skygate, Next to Brisbane Airport DFO, QLD

Cost: Varies, see more info below

Described as a traditional circus homage and a return to the famed circus' origins, KOOZA combines acrobatic performance and the art of clowning, while exploring fear, identity, recognition and power. The Innocent's journey brings him into contact with comic characters from an electrifying world full of surprises, thrills, audacity and total involvement.

More info: <https://www.cirquedusoleil.com/kooza>

U3A PINE RIVERS OPEN DAY

Date: Friday 18 November

Time: 9:30am to 12 noon

Location: Strathpine Community Centre

Mecklem Street, Strathpine

Cost: Free

U3A Pine Rivers is holding their Annual Open Day to raise awareness for membership and to highlight the many benefits membership of a U3A can provide to the senior community.

INFORMATION: Meet the tutors, classes, activities, social events and friendships. DISPLAYS: Craft, Computers, Wood turning, Weights for Mates on display. ENTERTAINMENT: U3A Band, Choir and Circle Dancers will be performing. MEMBERSHIP: Join on the day. VISITORS: Everyone welcome – morning tea provided.

For further information, contact the office on 3800 6677

Visit the website – www.u3apinerivers.org.au and Like us on Facebook

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it's on our homepage at
www.northlakesmessenger.com.au

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More Information: Credit criteria apply. Funds are required to cover transaction and establishment costs. LMI cost comparison is an estimate and calculated for loan amounts over \$300,000 at 80% LVR. LMI premium varies between lenders. RAMS Home Loans Centre Northern Brisbane and Moreton is owned and operated by 100 Govt Pty Ltd ACN 600 939 946 as Trustee for One in 100 Trust ABN 84 479 497 733. Credit provider and issuer of RAMS deposit products: Westpac Banking Corporation ABN 33 007 457 141 AFSL, and Australian credit licence 233714.



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and Moreton

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292 Oxley Avenue



KARMA

Great Dane x Catahoula. 2 Yrs. Female

Karma is deaf but don't let that put you off because she is a loveable cookie girl who loves spending time with people of all ages and other dogs. She plays well with pups and also enjoys the company of older dogs. Karma has been an inside and outside dog who not only enjoys lounging around with humans inside but loves to be taken for walks long and short. She is halty trained and is an absolute pleasure to take for a walk or even a run. She doesn't pull or try to take off her walks/runs obediently at your side either with a halty or on collar. Karma prefers to have company be it human or animal so her ideal home would include at least one other fur animal. Just to be on the safe side taller fencing would be ideal. Karma sits before eating and knows some signs but we are working on more. She really loves company so be prepared for her to assist you with whatever you are doing.

Karma comes with her own deaf dog collar and lead, her own doona, 3mths of flea worm and heartworm treatment, and her bowl.

If you want to give Karma her forever home visit www.safehavenanimalrescueinc.com and browse the 'Adoptions' section.



Cat friendly: Unknown
Dog friendly: Yes
Child friendly: Yes
House trained: Yes
Separation anxiety: No
Indoor/Outdoor Dog

ANIMALS ON THE ROAD TO FREEDOM



Safe Haven Animal Rescue Inc (SHARI) is a small SEQ-based animal rescue, dedicated to rescuing and rehoming unwanted pets. SHARI is not for profit and relies solely on the kindness and dedication of volunteers

www.safehavenanimalrescueinc.com



Your Stars



Aquarius Jan 21 Feb 19: Being knowledgeable shouldn't make you a know it all. Let a challenge to your authority serve as a reminder that we never stop being students in life.



Pisces Feb 20-March 20: You don't like being pushed, and they don't like being left hanging. Somewhere between these two points lies the truth of your relationship.



Aries March 21-April 20: You're about to enter an intense time. Give loved ones and friends the heads up as to the lack of your availability.



Taurus April 21-May 21: Certain points of contention simply won't go away on their own. Fight for what's right.



Gemini May 22-June 21: What we don't take care of in one relationship follows us into the next-kind of like a past life. Settle matters now before history repeats itself.



Cancer June 22-July 23: Your partner emerges from that black mood they've been in for quite some time. It will be nice to recognise the one you fell in love with.



Leo July 24-Aug 23: It isn't easy having to take the high road. Never the less you were born under the lion hearted sign of the zodiac. Show everyone what nobility looks like.



Virgo Aug 24-sept 23: It feels like you're doing all the work in your relationship and your right; you are. Thankfully that changes today.



Libra Sept 24-Oct 23: A lot of people may be upset with you now, but you're not and that's what's important. Your self confidence is showing.



Scorpio Oct 24-Nov 22: You might be surprised to discover that people really like you. Take that as a vote of confidence.



Sagittarius Nov 23-Dec 21: It's your turn to give back. And it needn't be a tall order. A returned favour there or fulfilled pledge there is all it takes to get the karma rolling again.



Capricorn Dec 22-Jan 20: This week you won't be so inclined to rake yourself over the coals or pour salt in your wounds. You can even send your hair shirt to the drycleaners if you like!



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. **12.00** The Block. (PG) **1.30** The Block. (PG) **2.30** The Block. (PG) **3.30** The Block. (PG) **4.30** Garden Gurus. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: How To Train Your Dragon. (PG) (2010) Jay Baruchel. **9.00** Movie: The Equalizer. (MA15+) (2014) Denzel Washington, Marton Csokas, Chloë Grace Moretz. A former black ops commando comes out of retirement. **11.45** Movie: Seeking Justice. (MA15+) (2011) Nicolas Cage. **1.45** Nine Presents. **2.00** TV Shop. **3.00** The Baron. (PG) **4.00** Impractical Jokers. (M) **4.30** Global Shop. **5.00** Extra. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **10.30** Teen Titans. (PG) **11.00** Dennis & Gnasher. **11.30** Pirate Express. **12.00** Move It. **12.30** Wild Kratts. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Problem Solverz. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Movie: The Spy Next Door. (PG) (2010) **8.00** Movie: Around The World In 80 Days. (PG) (2004) **10.30** Movie: Mr Nice Guy. (M) (1997) **12.30** Adult Swim. (MA15+) **1.30** Man And Machine. (PG) **2.30** Surfing Australia. **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Wild Kratts. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.00** Horse Racing. Spring Racing Carnival. Cox Plate Day. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Thor: The Dark World. (PG) (2013) Chris Hemsworth, Natalie Portman. **9.30** Movie: Clash Of The Titans. (M) (2010) Sam Worthington, Liam Neeson, Ralph Fiennes. A king recruits a warrior. **11.45** The Goldbergs. (PG) Beverly gets a teacher fired. **12.10** Mistresses. (M) Joss and Harry clash when they are hired to throw a lavish party for a wealthy housewife. **1.05** Mistresses. (M) **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Sons And Daughters. (PG) **5.30** Harry's Practice.

7TWO

6.00 Shopping. **8.00** House Calls To The Rescue. **9.00** Room For Improvement. **10.00** Hot Property. **10.30** Property Ladder UK Revisited. **11.30** Travel Oz. **1.00** The Travel Bug. (PG) **2.00** Going Bush. (PG) **2.30** Sydney Weekender. **3.00** Great South East. **3.30** Creek To Coast. **4.00** Qld Weekender. **4.30** WA Weekender. **5.00** Around The World With Manu. (PG) **6.00** The Hairy Bikers' Northern Exposure. (PG) **7.00** Movie: Sister Act. (PG) (1992) **9.10** Movie: Sister Act 2: Back In The Habit. (G) (1993) **11.30** Best Houses Australia. **12.00** The Hairy Bikers' Northern Exposure. (PG) **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** WA Weekender. **5.00** Qld Weekender. **5.30** Late Programs.

TEN

6.00 Fishing Edge. **6.30** Everyday Gourmet. **7.00** RPM. **8.00** Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **10.30** Motor Racing. Supercars Championship. Gold Coast 600. Race 22. **4.30** Rugby Union. Bledisloe Cup. Game 3. New Zealand v Australia. **6.30** Scorpion. (PG) **7.30** MacGyver. (M) MacGyver and the team head to Malaysia in search of a man funding a terrorist group. **8.30** Hawaii Five-0. FBI profiler Alicia Brown joins MacGyver in the hunt for the chess-piece killer after she finds a body in her bed. **9.30** Movie: World War Z. (M) (2013) Brad Pitt, Mireille Enos. A man battles a zombie outbreak. **11.50** 48 Hours. (MA15+) **1.00** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Get Smart. (PG) **9.00** World Sport. **9.30** Operation Repo. (PG) **10.00** Jake And The Fatman. **11.00** MacGyver. **12.30** Motorcycle Racing. MotoGP Race 16. Australian Grand Prix. Qualifying. **4.00** Rugby Union Pre-Show. **4.30** The Offroad Adventure Show. **5.30** Escape Fishing With ET. **6.00** Jamie & Jimmy's Food Fight Club. **7.00** Meerkats: Secrets Of An Animal Superstar. **8.00** Undercover Boss. (M) **9.00** Megastructures Breakdown. **10.00** Zoo. (M) Final. **11.00** Rosewood. (M) **12.00** Bellator MMA. (M) **2.00** Operation Repo. (PG) **2.30** RPM GP. **3.00** RPM. **4.00** Motorcycle Racing. MotoGP Race 15. Japanese Grand Prix. **Replay**. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.35** The Checkout. (PG) **12.05** My Warhurst's Nice. (PG) **12.35** QI. (PG) **1.05** Pointless. **1.50** The Men Who Made Us Spend. **2.40** Restoration Man. Final. **3.30** Great Southern Land. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Agatha Raisin. (PG) Final. Agatha faces the crisis of a lifetime when she is framed for murder. **8.20** Home Fires. (PG) As Frances and Joyce battle for leadership of the new WI, other members face their own problems. **9.05** The Doctor Blake Mysteries. (M) Final. **10.05** The Agony Of... (M) **10.35** Call The Midwife. (M) **11.35** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.15** Would I Lie To You? (PG) **8.45** Rosehaven. (PG) **9.15** Live At The Apollo. (M) **10.00** Catastrophe. (M) **10.25** Episodes. (MA15+) **10.55** The Spoils Of Babylon. (PG) **11.20** The Wrong Mans. (M) **11.50** Bad Education. (M) **12.20** Bad Education. (M) **12.50** Bad Education. (M) **1.20** Highway Thru Hell. (PG) **2.10** News Update. **2.15** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. Final. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Cats Uncovered. **3.30** International Festival Of Language And Culture. **4.30** Voxwomen Cycling. **5.00** Cycling. Paris-Tours. Highlights. **5.30** Who Do You Think You Are? (PG) **6.30** SBS World News. **7.30** Secrets Of The White House. **8.30** Grand Tours. **9.00** Soccer. EPL. Bournemouth v Tottenham. **11.50** Rockwiz Salutes The Decades. (M) **12.50** Food Lovers' Guide To Australia. **1.20** Nazis In The CIA. (PG) **2.25** Real Humans. (M) **3.30** Real Humans. (M) **4.45** Ebony Society. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer A-League. Round 3. Melbourne City v Perth Glory. Replay. **3.00** Motorcycle Racing. Superbike World Championship. Round 12. **3.50** Street Genius. (PG) **4.20** Speed With Guy Martin. (PG) **5.15** Hipsters. (PG) **5.45** 365: Every Day Documentaries. (PG) **5.50** Survivor Games With Bear Grylls. (PG) **7.05** Food, Booze And Tattoos. **7.30** If You Are The One. **8.30** Royal Navy School. (M) **9.25** Halfworlds. (MA15+) **10.00** 12 Monkeys. (M) **10.50** Lost Girl. (M) **11.45** Movie: Naked Ambition. (MA15+) (2004) **1.40** Movie: Kiss Me Again. (MA15+) (2010) **4.15** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

MOVIES

6.00pm Spectre (2015) Action. Daniel Craig, Christoph Waltz. (M) **Premiere**
6.35pm Woman In Gold (2015) Biography. Helen Mirren, Ryan Reynolds. (M) **Masterpiece**
8.30pm Truth (2015) Drama. Cate Blanchett, Robert Redford. (M) **Premiere**

GENERAL

8.30pm Jeff Ross Roasts Police. (MA15+) Comedy Channel
8.30pm The Fosters. (M) FOX8
9.25pm Brief Encounters. (M) BBC First

DOCUMENTARY

7.30pm Elvis: Complete King Of Rock 'N' Roll. (PG) Foxtel Arts
7.30pm My Crazy Ex. (M) Crime & Investigation
7.30pm The Bachelor NZ. (M) Lifestyle You

SPORT
1.30pm Motorcycle Racing. MotoGP. Australian Grand Prix. Qualifying.
Fox Sports 2
5.30pm Rugby Union. Bledisloe Cup. Australia v NZ. Fox Sports 2

DANCE AUDITION

new opportunity for young dancers



Youth Elite Steps **2017**

Steps has just released YES, a new and highly anticipated extension program dedicated to furthering the ballet training of aspiring young dancers, aged 13 - open years.

Successful auditions will have the privilege of working under the tutelage of Miss Jane Devine, an Adeline Genée Gold Medal Recipient and lead soloist with the Royal Ballet as well as the English National Ballet.

Miss Devine's unique program couples her elite performing experience with an adept understanding of the anatomical and physiological aspects which underpin the physicality of ballet. The YES program will educate and guide the next generation of aspiring dancers on a responsible and self-empowered journey to reaching their best technical self.

Designed to inspire a student's spirit whilst extending their understanding of classical technique, YES is for the driven, dedicated and determined student who dreams of taking their dancing to a higher level.

AUDITION DATE: 29th OCTOBER 2:15pm - 3:15pm
please call 3204 7239 for all registration details

DANCE AUDITION

new opportunity for young dancers



Young Elite Steps **2017**

Steps has just released YES, a new and highly anticipated extension program dedicated to furthering the ballet training of aspiring young dancers, aged 8 - 13 years.

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Designed to nurture a child's spirit whilst developing their understanding of classical technique, YES is for the driven, dedicated and determined student who dreams of taking their dancing to a higher level.

AUDITION DATE: 29th OCTOBER 1:00pm - 2:00pm
please call 3204 7239 for all registration details

NINE

6.00 Weekend Today. **8.30** Cricket. One-Day Cup. Final. Morning session. From North Sydney Oval. **12.00** Full Cycle. **12.30** Cricket. One-Day Cup. Final. Afternoon session. From North Sydney Oval. **4.00** The Real Jaws. (PG) **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** Hyde & Seek. (M) **10.30** Killer On The Line. (M) **11.30** Unforgettable. (M) **12.30** Impractical Jokers. (M) **1.00** Full Cycle. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Rabbids Invasion. (PG) **12.30** SpongeBob. **1.00** Kata And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Problem Solverz. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Legend Of The Boneknapper Dragon. **6.30** Movie: Teenage Mutant Ninja Turtles. (PG) (2014) **8.30** Movie: Transformers: Age Of Extinction. (M) (2014) **11.50** Adult Swim. (MA15+) **12.50** The Almighty Johnsons. (M) **1.45** Surfing Australia TV. **2.15** Sonic Boom. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Little Charmers. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Business Builders. (PG) **12.30** The Franchise Show. (PG) **1.00** To Be Advised. **2.10** To Be Advised. **3.20** To Be Advised. **4.30** Motorway Patrol. (PG) **5.00** News. **5.30** Great South East. **6.00** News. **7.00** The X Factor. (PG) With the three seat challenge completed, the finalists take to the stage for their first live performances. **9.30** To Be Advised. **11.50** To Be Advised. **12.50** Scandal. (M) Fitz's pick for Supreme Court Justice is caught having a torrid affair with Liv's new client. **2.00** Shopping. **3.30** Harry's Practice. Information about pet care. **4.00** NBC Press. Hosted by Chuck Todd. **5.00** News. **5.30** Sunrise. News, sport and weather.

7TWO

6.00 Morning Programs. **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Storage Hoarders. **1.30** No Reservations. (PG) **2.30** The Hairy Bikers' Northern Exposure. (PG) **3.30** Around The World With Manu. (PG) **4.30** Intolerant Cooks. **5.00** Mighty Cruise Ships. (PG) **6.00** SCU. (PG) **6.30** Motorway Patrol. (PG) **7.00** For The Love Of Dogs. (PG) **7.30** Around The World With Manu. (PG) **8.30** Escape To The Country. **9.30** The House That £100K Built: Tricks Of The Trade. **10.45** Escape To The Country. **11.45** Mighty Cruise Ships. (PG) **12.45** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. (PG) **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** St10. (PG) **10.30** RPM. **11.00** Motor Racing. Supercars Championship. Gold Coast 600. Race 23. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Modern Family. (PG) **7.30** Australian Survivor. With only five contestants remaining in the competition, the efforts to strategise reach fever pitch. **8.30** Just For Laughs Montreal Comedy Festival. (M) Some of the world's best comedic talent take to the stage for the 2016 Montreal Comedy Festival. **10.00** To Be Advised. **11.00** 48 Hours. (M) **12.00** 48 Hours. (M) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Bledisloe Cup. Game 3. New Zealand v Australia. Replay. **10.00** World Sport. **10.30** Operation Repo. (PG) **11.00** Healthy Homes Australia. **11.30** Motorcycle Racing. MotoGP Race 16. Australian Grand Prix. **4.00** World Sport. **4.30** Extreme Boats' Big Angry Fish. (PG) **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. (PG) **7.30** CSY: Cyber. (M) **8.30** Lands Of The Monsoon. (PG) **9.30** Movie: The Game. (1997) Michael Douglas, Sean Penn. **12.10** Undercover Boss. (M) **1.10** Moments Of Impact. (PG) **2.10** World Sport. **2.30** Operation Repo. (PG) **3.00** The McCarthys. (PG) **4.30** Athletics. Sydney Running Festival. Highlights. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Morning Programs. **9.00** Insiders. **10.00** Offsiders. (M) **11.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Home Fires. (PG) **3.00** Fake Or Fortune? **4.10** Australian Story. **4.40** Julia Zemiro's Home Delivery. (PG) **5.10** Agatha Raisin. (PG) Final. **6.00** QI. (PG) **6.30** Compass. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs: House Of The Year. (PG) **8.30** Poldark. (PG) **9.30** Wolf Hall. (MA15+) **10.30** Peggy Guggenheim: Art Addict. (M) **12.05** Grayson Perry: Who Are You? (PG) **12.55** Don't Miss Da Bus. (PG) **1.25** Wolf Hall. (MA15+) **2.25** Fake Or Fortune? **3.25** Peggy Guggenheim: Art Addict. (M) **5.00** Insiders.

ABC2

6.00 Children's Programs. **3.10** The WotWots. **3.20** Mofy. **3.30** Play School. **4.00** Banana In Pyjamas. **4.10** Wiggle. **4.20** Tree Fu Tom. **4.45** Pocoyo. **4.55** The Numtums. **5.00** The Cookie Thief. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Stan Lee's Superhumans. (PG) **8.10** Miracle On Everest. (PG) **9.05** Fahrenheit 9/11. (M) **11.05** Louis Theroux's Weird Weekends. (PG) **11.55** The Fried Chicken Shop. (M) **12.45** The Midwives. (PG) **1.45** Stan Lee's Superhumans. (PG) **2.25** News Update. **2.30** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

SBS

6.00 France 24 English News. **6.30** Deutsche Welle. **7.00** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Bournemouth v Tottenham. Replay. **12.00** Speedweek. **2.00** Basketball. NBL Round 3. Melbourne United v Perth Wildcats. **4.00** Arabic News. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** Nazi Megastuctures. **6.30** SBS World News. **7.30** The Great Human Odyssey. **8.30** Being Evel. (M) **10.20** Pauline Hanson: Please Explain! (PG) **11.50** Movie: Autumn. (M) (2010) Mohammad Amir Naji. **1.40** Rectify. (PG) **2.30** Rectify. (PG) **3.20** Rectify. (PG) **4.10** Rectify. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** We Are Young. **2.05** Geeks. (PG) **3.00** Billy On The Street. (PG) **3.30** Human Resources. (M) **3.55** Human Resources. (PG) **4.20** Survivor Games With Bear Grylls. (PG) **5.35** 365: Every Day Documentaries. **5.40** Fameless. (PG) **6.10** Fameless. (PG) **6.35** Vs Arashi. **7.30** If You Are The One. **8.30** MythBusters. (PG) **9.30** Great Minds With Dan Harmon. **10.00** 3AM: Sex, Drugs, New York. (MA15+) **10.25** The Green Room With Paul Provenza. (M) **10.55** The Green Room With Paul Provenza. (M) **11.30** Tent And Sex. (M) **12.05** Miss Nikki And The Tiger Girls. (M) **1.05** Avicii On Tour. (M) **1.55** Movie: Call Girl. (MA15+) (2012) **4.25** WorldWatch.

MOVIES

6.30pm Ted 2 (2015) Comedy. Mark Wahlberg, Amanda Seyfried. (MA15+) **Premiere**

8.30pm Pulp Fiction (1994) Crime. John Travolta, Uma Thurman. (MA15+) **Premiere**

10.40pm Mad Max: Fury Road (2015) Action. Tom Hardy, Charlize Theron. (MA15+) **Premiere**

GENERAL

7.30pm Million Dollar Listing LA. (M) **Arena**

8.30pm The Real Housewives Of Auckland. (M) **Arena**

DOCUMENTARY

6.30pm Hitler's Supergun. (PG) National Geographic

7.30pm Love Never Dies. (PG) National Geographic Wild

SPORT

3.00pm Basketball. NBL. Melbourne United v Perth Wildcats. Fox Sports 3

4.00pm Motorcycle Racing. MotoGP. Australian Grand Prix. Fox Sports 2

7.00pm Cricket. One-day International Series. India v New Zealand. Game 3. Fox Sports 2

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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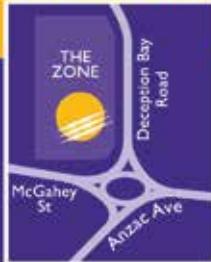
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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot In Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Unreal Estate. Kate and Cam play hide and seek in Swifts, one of the grandest old mansions in Australia. **9.40** How The Rich Live Longer. (PG) **10.50** Doctor Doctor. (M) **11.50** 20/20. **12.40** Impractical Jokers. (M) **1.05** Extra. **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Ocean's Twelve. (M) (2004) **11.00** Two And A Half Men. (PG) **11.30** South Beach Tow. (M) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Boy She Met Online. (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Gold Coast Medical. (PG) New. A man's legs and life get saved. **8.30** Cold Feet. (M) Determined to help their friend get over his depression, David and Adam rally together in a bid to cheer up Pete. **9.30** Cold Feet. (M) Trying to prove his innocence, David realises he has his work cut out for him when his wife files for divorce. **10.30** The Windors. (M) **11.00** Chicago Fire. (M) **12.00** Grey's Anatomy. (M) **1.30** Cougar Town. (M) **2.00** To Be Advised. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australian Survivor. Final. Presented by Jonathan LaPaglia. **9.00** Todd Sampson's Body Hack. Todd Sampson learns the traditional methods of free-dive fishing from the Bajau people of Malaysia. **10.00** NCIS: LA. **11.00** NCIS: New Orleans. (M) **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ABC

6.00 News. **9.00** News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Country Town Rescue. **11.30** Eggheads. **12.00** News. **1.00** Pointless. **1.50** The Musketeers. (M) **2.45** Auction Room. Final. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** The Checkout: Snack Size. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** **7.30**. **8.00** Catalyst. (PG) **8.30** Man Up. (M) **9.30** Louis Theroux: By Reason Of Insanity. (M) **10.30** Lateline. **11.05** The Business. **11.20** Q&A. **12.25** Gore Vidal: The United States Of Amnesia. (M) **1.55** Rage. (MA15+) **4.00** Louis Theroux: By Reason Of Insanity. **5.00** Eggheads. **5.35** The Bill. (PG)

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** International Festival Of Language And Culture. **3.00** Portrait Of A City. Final. **3.30** Shackleton: Death Or Glory. **4.30** Wild Hungary. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook. Melbourne. **6.30** SBS World News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Italy 1992. (M) **11.30** Italy 1992. (MA15+) Final. **12.35** Movie: Jodha Akbar. (M) (2008) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

MOVIES

6.25pm **Kate & Leopold** (2001) Comedy. Meg Ryan, Liev Schreiber. (PG) **Romance** **8.30pm** **Bridget Jones's Diary** (2001) Comedy. Renée Zellweger, Colin Firth. (M) **Romance** **10.35pm** **Man On Fire** (2004) Action. Denzel Washington, Dakota Fanning. (MA15+) **Action**

GENERAL

7.30pm **Pawn Stars**. (PG) **A&E** **8.30pm** **Life Below Zero**. (M) **A&E** **9.30pm** **Blindspot**. (MA15+) **Universal Channel**

DOCUMENTARY **7.30pm** **Rembrandt With Simon Schama**. **Foxtel Arts** **7.30pm** **Naked And Afraid Pop-Up Edition**. (M) **Discovery** **9.40pm** **Great British Menu**. **Lifestyle Food**

SPORT **6.00pm** **Surfing**. **World League**. Round 10. Moche Rip Curl Pro Portugal. Day 8. **Fox Sports 1** **7.30pm** **Soccer**. FFA Cup. Semi-final. Melbourne Victory v Melbourne City FC. **Fox Sports 4**

2510

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot In Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) Hosted by Scott Cam. **8.40** Doctor Doctor. (M) Hugh and Penny are forced together during an overnight trip to a coal mine. **9.40** The Truth About Alcohol. (PG) **11.00** Embarrassing Bodies. (M) **12.00** Stalker. (M) **1.00** Extra. **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv. Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Airplane Repo. (PG) **9.30** Baggage Battles. **10.30** Storage Hunters. (PG) **11.30** Toy Hunter. **12.00** American Digger. (PG) **12.30** Adv. Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Saving Emily. (M) (2004) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. **8.00** Beach Cops. (PG) **8.30** Ramsay's Hotel Hell. (M) Gordon continues to perform one of the biggest personal and hotel makeovers he has ever tackled. **9.30** Big Bang. (PG) A newly successful Penny tries to pay Leonard back the money he lent her to buy a car. **10.00** Big Bang. (PG) **10.30** Big Bang. (PG) **11.00** Blindsight. (M) **12.00** Hannibal. (MA15+) **1.00** Red Widow. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.40** Dr Phil. (M) **1.40** To Be Advised. **2.40** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Bachelorette Australia. Hosted by Osher Günsberg. **8.40** The Wrong Girl. With her 30th birthday approaching, Lily is determined to avoid celebrating the milestone. **9.40** Madam Secretary. Environmental activists are arrested for spying. **10.40** Hawaii Five-0. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** The Border. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** House Doctor (Design For Living) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) **8.30** Lewis. (M) While investigating the murder of an elderly lecturer, Lewis finds links to bare-knuckle fighting and Wagnerian opera. **10.30** Waking The Dead. (MA15+) A missing student's body is identified. **11.45** Bargain Hunt. **12.45** Lovejoy. (PG) **2.00** Shopping. **4.00** House Doctor (Design For Living) **5.00** Dr Oz. (PG)

ONE

6.00 Shopping. **8.00** A Taste Of Travel. (PG) **8.30** Motor Racing. Bathurst 1000 Unprofessionals Race. Replay. **9.00** Megastuctures Breakdown. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Border. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** House Doctor (Design For Living) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) **8.30** Lewis. (M) While investigating the murder of an elderly lecturer, Lewis finds links to bare-knuckle fighting and Wagnerian opera. **10.30** Waking The Dead. (MA15+) A missing student's body is identified. **11.45** Bargain Hunt. **12.45** Lovejoy. (PG) **2.00** Shopping. **4.00** House Doctor (Design For Living) **5.00** Dr Oz. (PG)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Pointless. **2.15** The Book Club. (PG) **2.45** Family Confidential. (PG) **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** The Checkout: Snack Size. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** **7.30** **8.00** Hard Quiz. (PG) **8.30** Upper Middle Bogan. (M) **9.00** Rosehaven. (M) **9.30** Adam Hills: Happyism. (M) **10.20** Lateline. **10.50** The Business. **11.05** Four Corners. **11.55** Media Watch. (PG) **12.10** The Weekly. (M) **12.40** Adam Hills: Happyism. (M) **1.30** Rage. (MA15+) **4.05** The Musketeers. (M) **5.00** Eggheads. (PG) **5.35** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.00** Bananas In Pyjamas. **4.10** Wiggle. **4.20** Tree Fu Tom. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (M) **8.20** #Selfie With Dan Hong. **8.30** Man Up. (M) **9.30** Professor Green: Dangerous Dogs. (M) **10.15** Shaun Micallef's MAD AS HELL. (M) **10.45** Class. (M) **11.50** Class. **12.45** River Monsters. (M) **1.35** News Update. **1.40** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abbey & Teal.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** The First Silent Night. (PG) **3.00** Dateline. **3.30** Insight. **4.30** Sri Lanka: Elephant Island. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** Tony Robinson's Hidden Britain By Drone. **8.30** 24 Hours In Emergency. (M) **9.30** 24 Hours In Emergency. (M) **10.25** SBS News. **11.00** The Five. (MA15+) **11.55** Movie: Outrage Beyond. (MA15+) (2012) **1.55** Movie: The Big Dream. (M) (2009) **3.50** David Starkey's Music And Monarchy. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.35** Man Vs Fly. (PG) **4.40** Where The Wild Men Are With Ben Fogle. (PG) **5.35** 365: Every Day Documentaries. **5.40** Daria. (PG) **6.05** If You Are The One. **7.05** Community. **7.30** The Feed. **8.00** RAW Comedy Roadshows. **8.35** Movie: Afflicted. (MA15+) (2013) **10.05** Movie: Carrie. (1976) **12.00** The Feed. **12.30** Glue. (MA15+) **1.25** Glue. (M) **2.20** The Spoils Before Dying. (PG) **2.45** The Spoils Before Dying. (M) **3.15** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES
6.50pm This Means War (2012) Comedy. Reese Witherspoon, Tom Hardy. (M)
Action
8.30pm Sahara (2005) Adventure. Matthew McConaughey, Penélope Cruz. (M)
10.10pm Southpaw (2015) Drama. Jake Gyllenhaal, Rachel McAdams. (MA15+) Premiere

GENERAL
7.30pm The Flash. (M) FOX8
8.30pm Tattoo Fixers. (M) A&E
9.30pm WAGS Miami. (M) E!

DOCUMENTARY
6.30pm The Warner Saga. Foxtel Arts
8.30pm See No Evil. (M) Crime & Investigation
9.30pm Australian Story. (M) National Geographic People

SPORT
6.00pm Surfing. World League. Moche Rip Curl Pro Portugal. Fox Sports 1
7.00pm Cricket. One-day International Series. India v New Zealand. Fox Sports 3
9.30pm Alpine Skiing. World Cup. Women's Giant Slalom. Second leg. Eurosport

2610

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



CONVEYANCING



FAMILY LAW | INJURY LAW | WILLS & ESTATES | CONVEYANCING



NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot In Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Big Bang Theory. (PG) **8.00** The Big Bang Theory. (PG) **8.30** Better Late Than Never. (PG) **9.30** James Franco Roast. **11.00** Survivor: Millennials Vs Gen X. (PG) **12.00** The Mysteries Of Laura. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** RBT. (PG) **8.30** Movie: The Dark Knight Rises. (M) (2012) **11.45** Two And A Half Men. (PG) **12.15** American Digger. (PG) **12.45** Adv Time. (PG) **1.15** Sonic Boom. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Every Woman's Dream. (M) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Kat and Ash are sneaking around, but someone may be watching. Zac apologises to Leah. **8.00** World's Angriest. (PG) Footage of people losing their cool as caught on camera by members of the public. **9.00** Movie: Fury. (M) (2014) Brad Pitt, Shia LaBeouf, Logan Lerman. A tank and its crew go behind enemy lines. **11.45** The Goldbergs. (PG) Erica opts out of Thanksgiving. **12.10** Revenge. (M) **1.05** Revenge. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.10** Ent. Tonight. **2.40** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Bachelorette Australia. Final. Hosted by Osher Günsberg. **9.00** Law & Order: SVU. (M) Newly tested DNA evidence leads to the exoneration of a prisoner who served 16 years for a rape conviction. **10.00** Law & Order: SVU. (M) **11.00** Blue Bloods. (M) Final. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Doc Martin. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder. (PG) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Father Brown. (M) **8.30** Murdoch Mysteries. (M) An alderman is murdered during the attempted assassination of Toronto's Protestant mayor. **10.30** Some Mothers Do 'Ave 'Em. (PG) **11.15** Bargain Hunt. **12.15** Air Rescue. (PG) **12.45** Psychic TV. (M) **3.45** Some Mothers Do 'Ave 'Em. (PG) **4.30** One Foot In The Grave. (PG) **5.00** Harry's Practice. **5.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motor Racing. Formula 1. Race 18. United States Grand Prix. Replay. From the Austin Circuit, Texas. **9.00** Monster Jam. **10.00** M* A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M* A*S*H. (PG) **7.30** Moments Of Impact. (PG) **8.30** Megastuctures Breakdown. **9.30** Cops: Adults Only. (PG) **10.30** Undercover Boss. (PG) **11.30** Epic Meal Empire. (PG) **12.00** Home Shopping. **2.00** Cops: Adults Only. (PG) **3.00** Bellator MMA. (M) **5.00** Star Trek: Voyager. (PG)

ABC

6.00 Morning Programs. **12.00** ABC News At Noon. **1.00** Pointless. **1.50** The Musketeers. (M) **2.45** Family Confidential. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.15** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** The Checkout. (PG) **6.10** Pointless. **6.55** Clarke And Dawe. **7.00** News. **7.30** **7.30**. **8.00** Silvia's Italian Table. (PG) **8.30** Miniseries: National Treasure. (MA15+) **9.20** Kevin McCloud's Escape To The Wild. (PG) **10.10** Shock Horror Aunty. (MA15+) **10.45** Lateline. **11.15** The Business. **11.30** Keeping Australia Alive. (M) **12.30** The Agony Of Life. (M) **1.00** Press Club. **2.00** Golf. PGA Tour. CIMB Classic. **3.10** Movie: Two Tickets To Broadway. (G) (1951) **5.00** Eggheads. **5.35** The Bill. (PG)

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Smart Secrets Of Great Paintings. **2.30** Big Art. **3.00** SBS Flashback. (PG) **3.05** Tales From The Bush Larder. **3.35** Jackie Without Jack. (PG) **4.35** The British. (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** Matthew Evans' For The Love Of Meat. (PG) **8.30** Luke Nguyen's Street Food Asia. **9.00** My Restaurant In India. **9.30** Outlander. **10.30** SBS News. **11.00** Sex Toys: Frisky Business. (MA15+) **11.55** Movie: Ra. One. (M) (2011) **12.45** The Island With Bear Grylls. (M) **3.45** The British. (PG) **4.40** Perception. (MA15+) **5.00** CCTV English News. **5.30** NHK World English News.

AUSTAR.

MOVIES
6.35pm The Rewrite (2014)
Romance. Hugh Grant, Marisa Tomei. (M) **8.30pm The Night Before** (2015)
Comedy. Joseph Gordon-Levitt, Seth Rogan. (MA15+) **Premiere**

10.15pm Risen (2016)
Action. Joseph Fiennes, Peter Firth. (M) **Premiere**

GENERAL
7.30pm Arrow. (M)
FOX8
8.30pm The Fall.
BBC First
9.55pm Nurse Jackie. (MA15+) Showcase

DOCUMENTARY
7.30pm Aussie Gold Hunters. (PG)
Discovery
8.30pm Ancient Aliens. (PG) History
9.30pm Vampire Legend. (PG) History

SPORT
6.00pm Surfing.
World League. Round 10. Moche Rip Curl Pro Portugal. Day 10. Fox Sports 1
6.00pm Basketball.
NBL. Round 4. Cairns Taipans v Melbourne United. Fox Sports 3
8.00pm Sport Special.
Fox Sports 4
10.00pm AFL 360.
Fox Footy

2710

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Ready For Takeoff. (PG) **2.00** Hyde & Seek. (M) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ready For Takeoff. (PG) **8.30** Movie: Catch Me If You Can. (M) (2002) Leonardo DiCaprio, Tom Hanks, Christopher Walken, Martin Sheen. An FBI agent spends years chasing a young con man who amasses millions in fraudulent cheques. **11.20** Movie: Oranges And Sunshine. (M) (2010) Emily Watson, Aisling Loftus, Stuart Wolfenden. A social worker tries to reunite families. **1.30** TV Shop. **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **11.30** Yu-Gi-Oh! (PG) **12.00** Sonic Boom. (PG) **12.30** Ben 10. (PG) **1.00** Nexo Knights. (PG) **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Movie: Racing Stripes. (PG) (2005) **8.40** Movie: The Lord Of The Rings: The Two Towers. (M) (2002) **12.30** Forever. (M) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: First Daughter. (M) (1999) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Joh catches up with Australia's top beauty experts to get their views on the latest Melbourne Cup look. **8.30** Movie: Maleficent. (M) (2014) Angelina Jolie, Elle Fanning, Sharlto Copley. After a fairy is betrayed by a king, she places a curse on his infant daughter. **10.30** To Be Advised. **11.30** To Be Advised. **12.30** Mistresses. (M) Karen hits rock bottom emotionally. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** Dr Oz. (PG) Dr Oz shares a gluten diagnosis plan. **5.00** NBC Today.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder UK Revisited. **4.00** Best Houses Australia. Hosted by Gary Takle. **4.30** 60 Minute Makeover. (PG) The team heads to Crumlington, Northumberland. **6.30** Bargain Hunt. Contestants compete to make a profit. **7.30** Mr Selfridge. (PG) The filming of a silent movie on the ground floor of the store leaves Harry delighted when crowds gather to watch. **8.30** To Be Advised. **12.00** Bargain Hunt. **1.00** Psychic TV. (M) **4.00** Lovejoy. (PG) **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. **8.30** The Graham Norton Show. Special guests include Tom Cruise, Cobie Smulders, Jude Law, Catherine Tate and the Kings of Leon. **9.30** Have You Been Paying Attention? (M) Guests include Ed Kavalee, Urzila Carlson, Marti Sheargold, Kitty Flanagan and Sam Pang. **10.30** To Be Advised. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping.

ONE

6.00 Shopping. **8.00** Motorcycle Racing, MotoGP. Race 16. Australian Grand Prix. Replay. From Phillip Island Grand Prix Circuit, Victoria. **9.30** Fishing Edge. **10.00** Better Homes. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder UK Revisited. **4.00** Best Houses Australia. Hosted by Gary Takle. **4.30** 60 Minute Makeover. (PG) The team heads to Crumlington, Northumberland. **6.30** Bargain Hunt. Contestants compete to make a profit. **7.30** Mr Selfridge. (PG) The filming of a silent movie on the ground floor of the store leaves Harry delighted when crowds gather to watch. **8.30** To Be Advised. **12.00** Bargain Hunt. **1.00** Psychic TV. (M) **4.00** Lovejoy. (PG) **5.00** Harry's Practice. **5.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: True Justice: Angel Of Death. (M) (2012) Steven Seagal, Sarah Lind, Lochlyn Munro. **11.30** Nash Bridges. (M) **12.30** Home Shopping. **2.00** Hogan's Heroes. **3.00** Diagnosis Murder. (PG) **4.00** Walker, Texas Ranger. (M) **5.00** MacGyver. (PG)

ABC

6.00 ABC News Breakfast. **9.00** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Tribal Scent. **3.00** The Point Review. **3.30** Heston's Mission Impossible. **4.25** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** Wild Sri Lanka. **8.30** Movie: Margin Call. (MA15+) (2011) **10.30** SBS News. **11.00** Movie: Best In Bed. (MA15+) (2014) **12.40** The Bridge. (M) Final. **1.50** The Young Montalbano. (M) **4.00** Food Lovers' Guide To Australia. **4.40** Destination Flavour. **4.50** SBS Flashback. **5.00** CCTV English News. **5.30** NHK World English News.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Tribal Scent. **3.00** The Point Review. **3.30** Heston's Mission Impossible. **4.25** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** Wild Sri Lanka. **8.30** Movie: Margin Call. (MA15+) (2011) **10.30** SBS News. **11.00** Movie: Best In Bed. (MA15+) (2014) **12.40** The Bridge. (M) Final. **1.50** The Young Montalbano. (M) **4.00** Food Lovers' Guide To Australia. **4.40** Destination Flavour. **4.50** SBS Flashback. **5.00** CCTV English News. **5.30** NHK World English News.

MOVIES

6.30pm Ant-Man (2015) Action. Paul Rudd, Evangeline Lilly. (PG) **8.30pm** A Beautiful Mind (2001) Biographical. Russell Crowe, Jennifer Connelly. (M) **10.25pm** The Martian (2015) Drama. Matt Damon, Jessica Chastain. (M) **Premiere**

GENERAL

7.30pm DC's Legends Of Tomorrow. (M) FOX8 **8.30pm** Law & Order: SVU. (MA15+) Universal Channel **8.30pm** Sleepy Hollow. (MA15+) FOX8

DOCUMENTARY **8.30pm** Passport To Murder. (MA15+) Crime & Investigation **9.30pm** The Classic Car Show. (PG) Discovery Turbo

SPORT **5.30pm** Rugby Union. Mitre 10 Cup. Championship Final. Fox Sports 3 **7.30pm** Basketball. NBL. Round 4. Illawarra Hawks v Perth Wildcats. Fox Sports 3

2810

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

PERSONAL TRAINING | FEMALE TRAINER
PERSONAL GYM | PERSONAL ATTENTIONNorth Lakes Community Women's Group Inc. News
Written by Sam Stevens Publicity Officer NLCWGI

Our Fashion Parade was a great success with Rosa from Fashions On The Go presenting the latest styles and fashions in a dazzling array of texture and colour. This impressive range was exhibited by our models as they strutted and posed with a great deal of panache. We had a grand attendance of 83 including seven visitors, a good turn-out indeed and a wonderful morning was enjoyed by all. Our thanks to Rosa for another wonderful show of today's apparel and the huge selection of items for sale. Special thanks go to our models; Margaret E; Maria; Joycylene; Patricia D; and Sue Y, all you performed to a very high standard, watch out for the talent scouts!

and will be announced during our lunch. Members only.

Tuesday 1st November NO MEETING due to Melbourne Cup Day celebrations. This is a wonderful opportunity for our members to gather with family and friends to celebrate this momentous day. Have fun, take care, and see you all next week.

Tuesday 8th November 9:45 MONTHLY GENERAL MEETING followed by our ANNUAL GENERAL MEETING. It is time to elect a new Executive Committee. This meeting will cover quite a bit of business involving affairs and decisions that will affect all Members, so please, do come along.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 38864552; Colleen, 0418658442; Carmen, 34919410.

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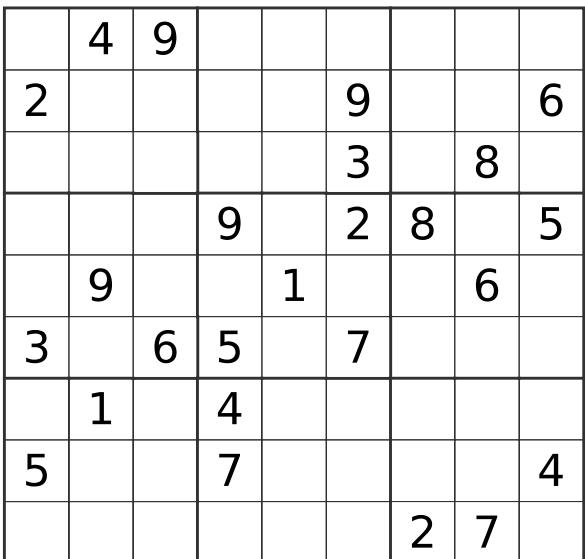
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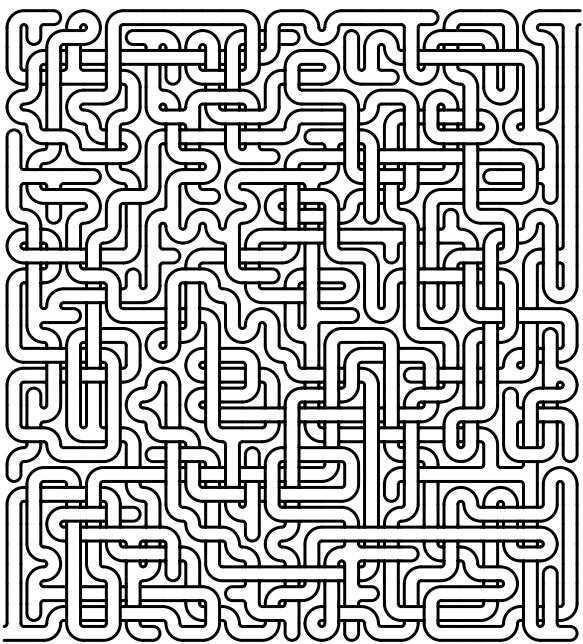
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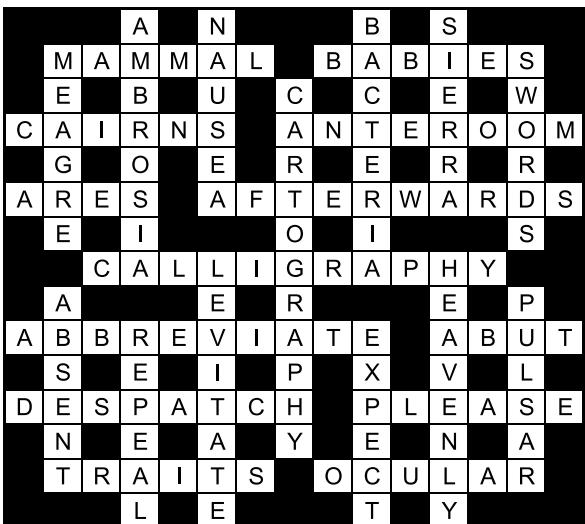
Sudoku



Amazing Mazes



Crossword Solution from last issue



Crossword 6454

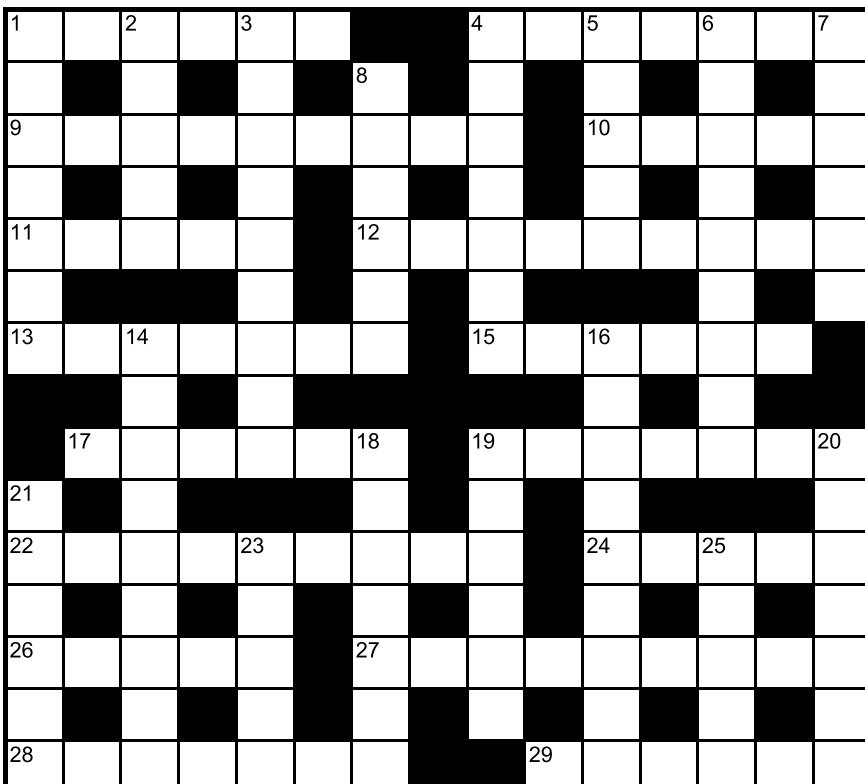
Your weekly shot of crossies by Laurie Stibbe

ACROSS

- 1 Rub hard and wear away
- 4 Casks
- 9 Move goods commercially
- 10 Unaccompanied
- 11 Capture
- 12 Acquilegia
- 13 With excitement and enthusiasm
- 15 Pour
- 17 Having great influence
- 19 Stroked horse soothingly
- 22 Strong feeling or emotion
- 24 Ayers Rock
- 26 Languished
- 27 Horse-drawn carriage
- 28 Baggage
- 29 Joined into single entity

DOWN

- 1 Physical object
- 2 Show a response
- 3 Sudden giving off of energy
- 4 Fought against
- 5 Kingdom
- 6 Aroused, worked up
- 7 Appeared to one's mind
- 8 Quick to take offence
- 14 Woodchuck
- 16 Roman leader of 100 men
- 18 Dark cane syrup
- 19 Manages financially
- 20 Frightened away
- 21 Attack
- 23 Chief Hindu god
- 25 Give permission



COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

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- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

Real Estate

Locals find easy access to rates in eMBRC

More than 10,000 ratepayers across the Moreton Bay Region have already signed up to receive their rates notices online, via council's new eMBRC system.

On 1 July, council invited residents to start signing up to the online service, with the first quarterly rates notices to be emailed as a PDF file on 1 October. Today, the 10,000th user signed up to receive their rates notices this way.

Residents can opt in and out of the service at any time as their circumstances change.

Council's Corporate Services Spokesperson Councillor Adrian Raedel said he wasn't surprised that more than 10,000 ratepayers had already opted in.

"This service will allow ratepayers to keep track of their rates notices from anywhere,

even if they are travelling, living at an address that differs from where their mail gets delivered, or in hospital," Councillor Raedel said.

"We knew this would really appeal to people in our region who have to travel frequently for work, as well as those who own a property here, but have no fixed residential address because they are following the grey nomad trail or some other reason."

"Of course, many of us just want to do their bit for the environment too."

Signing up to eMBRC is easy. Just go to www.moretonbay.qld.gov.au/embrc, select your property, confirm your details and nominate your email account.

"eMBRC is an additional option to the delivery methods we already had in place, including good old snail mail, MyPost Digital Mailbox and BPAY View," Councillor Raedel said.

"Now residents just have more choice and convenience."

eMBRC is available to all ratepayers in the Moreton Bay Region who can access the internet. To register, or for more information on eMBRC visit www.moretonbay.qld.gov.au/embrc

Signing up to eMBRC is easy. Just go to www.moretonbay.qld.gov.au/embrc, select your property, confirm your details and nominate your email account.



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Set in one of the most prestigious positions, within Capestone, sits this luxurious five bedroom residence + study, boasting a master bedroom with ensuite & walk in robe on both levels. Three large separate living areas as well in ground pool + all the modern features to make life very comfortable including NBN. Potential rental return of \$830-\$850/week.

For Sale

\$815,000

Open Home
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JUST
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North Lakes 11 Harrison Street

Large Lowset, Designer Home in Elite Club North!

This huge, individually designed Lowset Home offers over 320sqm of stunning family living! Perfect for both entertaining and everyday lifestyle, this superb residence boasts four spacious bedrooms and four large & stylish living zones expertly positioned for family practicality.

There's no doubt, this beautiful feature packed residence will afford your family a whole new lifestyle to be enjoyed in complete and utter comfort.

Ray White North Lakes | Mango Hill

- Master with custom WIR, full length mirrors & lavish ensuite
- Bed 2 has WIR, Bed 3 & 4 with BIR
- State of the art designer kitchen
- Spacious open plan dining & Open plan living area, Rumpus plus Media
- Ducted A/C, Pool



Sale

\$799,000+

Darren & Lisa Suhle

0400 197 529

View Saturday 1.00 - 1.30pm

darren.suhle@raywhite.com

3/13 Discovery Drive North Lakes

3482 3501 | 3491 9153

raywhitenorthlakesqld.com.au

raywhitemangohill.com.au

4 2 2



North Lakes 2 Pampling Court

Superior Greengate Position! Opposite Park! Truly Unique Residence!

Situated in elite Pampling Court in a highly sought-after pocket of Greengate Precinct, opposite stunning park, walking distance to golf club and surrounded by distinguished executive level homes, this truly Unique Residence is an absolute must to inspect and will definitely impress! Simply delightful, this residence combines classical period elegance with designer elements throughout -creating a relaxed ambience that flows all though the home.

- Large master with WIR & spacious balcony with park views
- 3 Additional generously sized beds
- Multiple living areas all featuring pool
- Stylishly appointed kitchen
- Secluded tree-lined poolside courtyard

Sale

\$699,000+

Darren & Lisa Suhle

0400 197 529

View By appointment

darren.suhle@raywhite.com

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North Lakes 3 Cooksland Crescent

Superb Position close to Lake Eden & North Lakes Town Centre!

Darren & Lisa Suhle are pleased to present to the market this beautiful residence - Boasting 4 Living zones, superior entertaining facilities, a highly sought after Freshwater Precinct location, close to Lake Eden & all of North Lakes fantastic amenities! Your search for the perfect home could well be over once you view this spectacular home which possesses so many outstanding attributes that even the most discerning of Buyers will be suitably impressed.

- Mastersuite with beautiful ensuite
- 3 Additional bedrooms
- Gourmet kitchen, Spacious dining
- Large air-conditioned formal living area, Spacious A/C family room
- Living/Rumpus with A/C

Sale

\$629,000

Darren & Lisa Suhle

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North Lakes 1 Wombat Place

4 2 2

North Lakes 17 Woodward Cres

5 2 2

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Ray White North Lakes | Mango Hill

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Ray White North Lakes | Mango Hill



14 Burgan Place, North Lakes

View Saturday 22nd Oct 10.00-10.30am

Sale \$449,000+

3 1 1

13 Copeland Drive, North Lakes

View Saturday 22nd Oct 10.00-10.30am

Sale \$649,000+

4 2 2



35 Douglas Circuit, North Lakes

View Saturday 22nd Oct 10.00-10.30am

Sale \$579,000+

4 2 2

5 Crenshaw Street, North Lakes

View Saturday 22nd Oct 11.00-11.30am

Sale \$529,000+

3 2 2



34 Ballesteros Street, North Lakes

View Saturday 22nd Oct 12.00-12.30pm

Sale \$599,000+

4 2 2

3 Hare Street, North Lakes

View Saturday 22nd Oct 10.00-10.30am

Sale \$499,000+

4 2 2



17 Bowerbird Crescent, Dakabin

View Saturday 22nd Oct 11.45-12.15pm

Sale \$359,000+

3 2 1

7 Troon Street, North Lakes

View Saturday 22nd Oct 3.00-3.30pm

Sale \$512,000

4 2 2

For further info on these fantastic
homes call Darren Suhle 0400 197 529



Ray White North Lakes | Mango Hill



Experience isn't expensive...

For Sale



32 TROON STREET, NORTH LAKES

- * Located in Prestigious Fairway Chase
- * 4 beds plus TWO studies
- * Resort styled in-ground swimming pool
- * 4 Living zones
- * Solar power, high spec finishes, NBN
- * OFFERS OVER \$699,000

For Sale



46 PADEMELON CCT, NORTH LAKES

- * Ideal for extended families
- * 918 m² land
- * 5 beds, 3 bath, 2 car
- * Ducted air-con, 9ft ceilings & solar power
- * Stunning in-ground swimming pool
- * OFFERS ABOVE \$739,000

For Sale



14 EDMUND CCT, NORTH LAKES

- * 5 beds, 2.5 baths, 2 car
- * Built by award winning Metricon Homes
- * Designer finishes + upgrades galore
- * 2 years young = builders warranty applies
- * Very convenient location + NBN
- * OFFERS ABOVE \$569,000

For Sale



9 RAYMONT ST, NORTH LAKES

- * Entry level buying
- * Ideal Investment or First Home Buyer
- * 3 bed, 2 bath, 1 car
- * Perfect location - close to everything
- * North Lakes State College catchment
- * OFFERS OVER \$359,000

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EXPERTS' GUIDE TO BUYING PROPERTY

REIQ will be opening its doors and welcoming property buyers and investors to its free Experts Guide to Buying Property seminar at REIQ HQ, Coorparoo, October 22, 2016.

The seminar, now in its third year, offers detailed, helpful information for anyone looking to buy or invest in the Queensland property market. Presenters will talk on a range of property related topics, and attendees will meet buyers' agents, auctioneers, valuers, and banking and legal experts.

"Understanding the Queensland property market can be daunting and having an expert give you tips for finding your next perfect purchase can be really helpful," Ms Mercorella said.

"This seminar is an opportunity for people to meet a whole range of experts, assembled conveniently in one room, and there is an opportunity to ask questions and get the answers to those burning property queries," she said.

"Doing your homework and gaining knowledge is the key to making that big



property purchase as stress-free as possible. Everybody who attends will be able to learn all the tips and tricks from the experts themselves.

"Our speakers are highly experienced in all areas of the Queensland property market," Ms Mercorella said.

Presentations include:

- Auctioneer and sales agent experts offering tips and advice
- Data and market indicator analyst explaining how to read the numbers
- Buyer's agents – do you need one and how to get one
- Finance and lending experts help with

- those tricky finance questions
- Conveyancing experts will unveil what they do and why it's important
- Taxation experts will help investors and first-home buyers understand tax implications

Sessions will be tailored to suit investors or first-home buyers and attendees will choose some sessions based on requirements.

They will also have the opportunity to ask questions and gather information ahead of their property purchase.

Free tickets booked through eventbrite, search: *Experts Guide to Buying Property*



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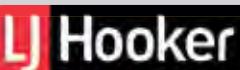
Nearly sold out with only a few remaining be one of the lucky ones to purchase one of these brand new stylish apartments within an easy walk to North Lakes Westfield's, restaurants and the new Mango Hill train station. With only 9 available these amazing apartments offer so much for investors and allows first home owners to claim the \$20,000 First Home Owner Grant. All featuring 2 large bedrooms with options of study nook or multipurpose room. Other standard features to all units include stone bench tops, air conditioning, covered outdoor balcony or courtyard, 9ft ceilings and secure car space. Live the resort lifestyle every day and take advantage of the luxurious swimming pool, spa, gym and a choice of cafes right at your doorstep.

These last remaining apartments will not last long so call me today to arrange your private inspection Saturday/Sunday and evening inspections welcome.



Jarod Faulkner

0447 734 206 | jfaulkner.northlakes@ljh.com.au



North Lakes/Mango Hill

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